



KINGSLEY FIELD FAMILY SUPPORT NEWSLETTER

FEBRUARY 1999

HELLO KINGSLEY FAMILY

By: Pam Burns 173d Fighter Wing Family Program Coordinator

Happy New Year! So nice to see you at our annual Children's Xmas party. The Kids seem to have a lot of fun; we certainly enjoy putting it together for them. Thanks to those of you who had craft tables. We have some very talented and creative people. It has been suggested to have a craft fair separate from the kids party, thanks to you who mentioned it, but it is meant to be a small added event for the Xmas party - something for the adults to do while the kids are playing.

In JUNE we will be having a GIANT YARD SALE with all proceeds going to Family Services. If you have anything you would like to donate please call me at 884-7696 or Lisa Reynolds at 882-7797. We will gladly pick up. We will remind you in our April Newsletter.

We are already planning the base wide New Years Eve Party 1999. This will be an all night event with entertainment and great food. We plan on having all night baby sitting in the gym with entertainment and games. For the adults we will have a costume party with prizes and breakfast will be served. If you think you may be interested in helping please contact any Family Support volunteer.

As you may have already heard, we are getting closer to starting a day care on base. There is much to do before the doors actually open, if you are interested in volunteering some time to a very worthwhile cause please call me. This facility will be available to anyone who works at Kingsley Field who is need of daycare.

If interested in becoming a Family Service volunteer please contact one of us.

*Pam Burns-Sears
Family Services Coordinator*

Please feel free to call any of the names listed below or if you and or your family need some assistance or if you would like to become a volunteer. Becoming a volunteer can mean spending as much time as is convenient for you. We always need help with one thing or another.

Pam Burns 884-7696
Lynne Fort 850-4019

Judy Hill 850-9758
Barbara Chapman 882-3774

Lisa Reynolds 882-7797
Lisa Waite 885-6934

If you, as family of a Guard member need help while they are TDY, Training, etc. please do not hesitate to phone someone on the list. This is the main reason why we are called "FAMILY SUPPORT "

A FAMILY SERVICE volunteer will be in the Family Support Office, SAT. or SUN. (Every UTA) for the purpose of answering questions, or assisting in any way we can. Our room is located in the big new building #211, Room #209 next to the F-16 static display. Even if you don't have any questions or concerns, please stop by anyway and visit with us. Hours covered vary so please call first.
885-6112

Garden Tips

By
Judy Hill



- **Give Your Houseplants a Bath....** Plants growing outdoors are washed regularly by rain, but it's up to you to clean plants indoors. Leaves covered with dust not only look bad, but they're not able to absorb as much sunlight as clean ones. So it's a good idea to dust them off regularly. An occasional bath or shower also helps keep leaves clean and healthy. And, as a bonus, it sends insects down the drain.

- Carry plants that aren't too large to move to the kitchen sink or the bathtub and give them a gentle shower with lukewarm water. To keep the soil from splashing out of the pot, make an aluminum foil or plastic "lid" that fits over the top of the pot.
- Rinse the stems, buds and both sides of the leaves. Then leave the pot in the sink or tub or set it aside on paper towels or newspapers until it's not dripping water anymore.
- For plants that are too large to be moved, there is always the sponge bath: Use a soft, damp cloth or sponge to gently rub each leaf clean. But hairy-leaved plants, such as African violets, should just be dusted with a dry feather duster or a make-up brush every once in a while.
- You may have heard that milk, vegetable oil or commercial leaf-shining products help keep leaves shiny, but these may do more harm than good. Clean water and a soft cloth are really all they need.

YARD SALE !!! JUNE 5TH



Start saving your STUFF now. We will start gathering at the end of April. We need VOLUNTEERS to help with it. Please call Lisa Reynolds at 882-7797 if you can help out somehow, it could be fun.

All left-overs will be donated to a local non-profit charitable organization.

Volunteer Awarded

Pamela Burns-Sears, 173 Fighter Wing Volunteer Coordinator has been awarded the Oregon National Guard Commendation Medal in recognition for outstanding service rendered to the Oregon National Guard during the period of 1 April '98 to 1 October '98.

Congratulations, Pam!! Way to Go!!

We are now starting a ' Favorite Recipe ' Column. Send me your favorite recipe or recipe's. My address is: Judy Hill
3805 Mazama Dr.
Klamath Falls, Ore. 97603
Or E-mail me at ghill@cdsnet.net

Here are some of the firsts...

FAVORITE RECIPES

MICHIGAN BEAN BAKE

By J. Mike Bauer

48oz. Cooked great Northern beans

½ tsp. Salt

3 T. prepared mustard

¼ large onion, chopped

1.5lb. lean pork, cut into 1" cubes

14 oz. Catsup

1.5 c. packed brown sugar

Combine all ingredients; mix gently but well.

Place in beanpot, casserole or slow cooker. Bake at 300 degrees, uncovered, for 5-6 hours; cover the last hour—or heat in slow cooker overnight.

Makes 10-12 serving

ALE 'D POTATO SOUP

By J. Mike Bauer

1T. butter

1.25 c. chicken broth

¼ tsp. Thyme

1 c. half-n-half

1 med. Onion, finely chopped

¾ c golden ale beer

1 lb. Russet potatoes, cut into ½" cubes

Salt and pepper

Melt butter in large saucepan over med. heat. Add onion and cook, stirring occasionally until onion begins to color, about ten minutes. Add broth, ale and thyme and bring back to a boil. Add potatoes, and bring to a boil again, then reduce heat to low, cover and simmer until potatoes are tender, 20-30 minutes. With slotted spoon, transfer half of potatoes to blender and add half-n-half, then blend on medium speed until smooth. Return this mixture to pan and season with salt and pepper to taste. Serve hot, garnish with parsley or chopped green onions if desired. This is great low fat, and low-cholesterol soup!

HOT MUSTARD

By Vicki Bauer

1c. garlic wine vinegar

1 c. sugar

4 oz. Can Colemans dry mustard

6 eggs, unbeaten

In top of double boiler, combine the vinegar and dry mustard. Let this mixture soak for several hours, then place over cold water in double boiler. Add sugar, then eggs – one at a time. After all the eggs have been added, turn on heat. Cook, stirring constantly until mixture is thick or custard-like. Makes 1.5 pints and keeps well, stored in the refrigerator.

Need more recipes!! Only have 4 more for next newsletter.



***"There are two means of refuge
from the miseries of life: Music and
Cats."*** Albert Schweitzer

"Anyone who has ever been around a cat for any length of time well knows, cats have enormous patience with the limitations of the human mind." Cleveland Amory

"A cat, I am sure, could walk on a cloud without coming through."
Jules Verne

BASE THEATRE

Here is a list of the movies that will be playing at the base theater. Remember, the theater is a privilege, so please clean up after yourselves.

**First Show Begins at 7:00 p.m. and
are
free of charge.**

FEBRUARY 19th

The Parent Trap (PG)

The Negotiator (R)

The Parent Trap--Dennis Quaid, Natasha Richardson--Can you get more than one shot at true love? You can when there are twin cupid's at work. In the remake of the Walt Disney classic, identical twin sisters who've never met conspire to reunite their mom and dad (mild mischief)

The Negotiator--Samuel Jackson, Kevin Spacey--Maverick hostage negotiator is the victim of a police frame up. He turns the tables on his captors by taking hostages. Another hostage negotiator is called in to mediate, convinced of the other man's innocence, they become allies and try to smoke out the dirty cops. (violence, language)

FEBRUARY 26th

**Why Do Fools Fall
In Love (R)**

Blade (R)

Why do fools Fall in Love--Halle Berry ,Lorenz Tate--Zola fell in love with Frankie the first time she saw him perform on stage. Elizabeth, also fell in love with Frankie when she saw him perform on stage. emira, didn't even realize he had once been a national singing sensation, she too loved Frankie. All 3 women claim to be Frankie's wife. (language, some sexuality)

Blade--Wesley Snipes, Stephen Dorff--Blade is half-human and half-vampire, orphaned and out cast as a child he is discovered and aided by Abraham Whistler, a professional vampire hunter. under Whistler's guidance, blade's fierce powers are honed as he becomes an immortal warrior who battles a thriving underworld of vampires. (strong pervasive violence, gore, language, brief sexuality.)

March 5th

Knock Off (R)

Out of sight (R)

Knock Off--Jean-Claude Van Damme, Rob Schneider--Marcus Ray lives this good life in Hong Kong working as a sales representative as a cover for his CIA activities. Ray gets wind of a terrifying conspiracy, Russian Mafia scheme to bring deadly microbomb technology, to the worldwide terrorist black market.(continuous violence and brief language.)

Out of Sight--George Clooney, Jennifer Lopez--Bank robber Jack Foley, causes anything but peace

by escaping from prison. He plans to rob a tycoon and ends up seducing the female Marshall who's supposed to capture him.

March 12th

ANTZ PG

There s Something About
Mary - R

ANTZ--Animated, Z-1495 is just a worker ant, one in a billion, and his odds of landing the beautiful Princess Bala are about the same. Z soon finds himself leading a revolution. Once the most insignificant of workers, Z may just prove to be the biggest hero of them all. (mild language, menacing action.)

March 19th

**How Stella got Her Grove Back
(R)
Clay Pigeons (R)**

How Stella got her Grove Back - she's lost her grove. she has forgotten to have fun, but her friend Delilah has the antidote to cure stella's ills, a vacation to Jamaica. (language and some sexuality.)

Clay Pigeons--Joaquin Phoenix, Vince Vaughn-One lazy summer in Mercer, Montana things go from bad to worse for Clay Bidwell. He soon finds that he has the unwanted attentions of an FBI agent and an elusive serial killer. (scenes of sexuality, language, violence.)

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Cut or fold here and return

Kingsley Field Day Care Survey

In our continuing effort to provide on-base day care please complete the following survey and mail it to Kingsley Field Family Support, 211 Arnold Ave. Suite 30, Kingsley Field ANG Base, OR 97603-2111. If you prefer you may call me at home (541) 884-7696. Thank You (Pam)

How many children would take advantage of on base Day Care: _____.

What age(s)? _____ How Often: _____

Full time at least 30 hours per week: _____

Part time less than 30 Hours per week: _____

Drill Weekends? _____ Or drop In? _____

Are you interested in being on the board of directors? _____

Comments: _____

.....:



KINGSLEY FIELD FAMILY PROGRAM

211 Arnold Avenue Suite 30
Kingsley Field, OR 97603

BULK RATE

Permit #30